



Help a family  *in crisis this Christmas* 

REVERSE ADVENT CALENDAR



11 th Pasta Sauces	18 th Biscuits	4 th Instant Coffee	21 st Jam	15 th Tinned Soup	9 th Tinned Tomatoes
20 th Washing Up Liquid	5 th Tinned Tuna	13 th UHT Milk	23 rd Cereal	12 th Nappies	3 rd Shampoo
8 th Rice	7 th Toilet Roll	17 th Deodorant	1 st Pasta	24 th Toothbrush & Paste	16 th Tinned Salmon
2 nd Tinned Fruit	14 th Tea Bags	22 nd Tinned Vegetables	10 th Tinned Chicken	19 th Tinned Mince	6 th Tinned Beans

How do I do it?

It's easy, rather than treating yourself everyday, treat someone who really needs it. Simply get a bag and each day of Advent add a new item. See the items in the calendar above for suggestions.

Then what?

After you have filled your bag with items, bring it to Mannofield Church (The Gordon Room) or Cafe Connect between December 24th and January 7th. We'll distribute the goods to help families in the New Year.

